

SORENESS VS INJURY

THE DIFFERENCE BETWEEN SORENESS AND INJURY

There are differences between the soreness and fatigue that come with physical conditioning or strength-building and the pain that comes from acute injury and/or chronic injury from over-use.

It is normal to have soreness, tenderness, and tightness during physical conditioning and strength building. Much of this discomfort can be avoided while on tour by participating in the provided pre-conditioning/training program.

On the other hand, any decrease in strength or range of motion might be an indication of injury. You should contact the Health & Wellness Team if you experience:

- Sudden, severe pain.
- Extreme swelling or bruising.
- Not being able to place weight on a leg, knee, ankle, or foot.
- Not being able to move a joint normally.
- Extreme weakness of an injured limb.
- A bone or joint that is visibly out of place.
- Pain when you rehearse or exercise.
- Swelling and a dull ache when you rest.
- Pain and swelling that do not go away or worsen after a few days.

SELF CARE FOR SORENESS OR TIGHTNESS

- When you have downtime, REST!
 - Take a nap, sip water, sit in the shade to regulate your body temperature
- For any soreness, remember RICE
 - Rest, Ice, Compression, Elevation
- We also recommend that you stretch after each rehearsal block and during downtime.
- **ALWAYS CONTACT A MEMBER OF THE HEALTH AND WELLNESS TEAM WITH ANY QUESTIONS OR CONCERNS**